

Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

OCTOBER 5, 2007



Brynn Castello, 15 months, and her mom Dani play on the Semper Fit Center's playground Tuesday. The playground is just one of the outdoor activities service members and their families can enjoy on base.



Michael Vergara, 8, looks into Kaneohe Bay to see what kind of fish may bite his line. Fishing is just one of the various activities the Outdoor Recreation Center and Marina can provide equipment for.

Stop & look again

Why leave base when it's all right here?

Story and Photos by
Lance Cpl. Regina A. Ruisi

Combat Correspondent

Base residents don't need to leave base or spend a lot of money to have a good time because there are fun, safe activities for single service members and families alike to enjoy all right here.

From a day at one of the beaches to learning how to fix a car, residents here can satisfy any kind of hobby they have.

One of the most popular places is the Automotive Skills Development Program center, where patrons can not only fix their cars

but can learn to work on vehicles. The center provides free equipment and assistance, and for a small fee, they can store a vehicle for a short period of time, or even conduct a state safety inspection.

"Our facility is important on base because we can help teach individuals how to maintain a safe vehicle," said Carl Cabrera, Automotive Skills Development Program manager. "It can help them save money and keeps them out of trouble. The shop provides them with a hobby."

Auto hobbies aren't the only ones people can enjoy here. Those interested in water sports are in luck. The base plays host to four of Oahu's most beautiful beaches, which offer everything from surfing to scuba diving. The Outdoor Recreation Center and Marina has equipment available for residents to rent, providing hours of fun on the water. People can rent sailboats, scuba gear and sports equipment at the Marina, as well as attend boating lessons and learn how to scuba dive.

Campgrounds are also available for a small price each night and provide waterfront camping on Hale Koa beach.

"We offer good, clean fun," said Neil Morgan, Marina manager. "We offer a lot of things that you can't find in the civilian com-

munity, and what you can find, we offer for at least 25 percent less. We want to give military members and their families all the benefits we can. Our facility is about outdoor recreation, and since the base is located on an island, most of the recreation here takes place outside."

Sports fields are also available for residents. The Semper Fit Center offers a baseball field, football field, two softball fields and two sand volleyball courts. Two horseshoe fields, picnic pavilions and a playground are also available for use. Anyone interested in using the fields can be reserved for free by them, including sports teams, units and families. Semper Fit also has sports equipment like balls and horseshoes available. Unit parties, family day events, birthday parties and sporting events are just a few occasions people use the grounds.

"It's a great recreational facility," said Tina Lui, Semper Fit Center assistant manager of the sports fields. "It gives people a place to have their parties, participate in sports and enjoy barbecues. Housing doesn't have a lot of room, so it's like an extra yard. People even have their birthday parties there with bouncy houses and water slides."

Next to Semper Fit's playground is the Hawaii Loa skate park, which offers a contained area for skateboarders, rollerbladers and bikers. The area is open during daylight hours, and those who use it must wear a helmet, kneepads, elbow pads and wrist protection.

In fact, safety should be paramount on every facility here. Beach goers should know weather conditions when attending one of the beaches, as well as know how to properly oper-

ate any water sports' equipment, Morgan said. When utilizing Semper Fit's sports fields, keep in mind sports safety.

"We ask people to follow proper guidelines for sports," Lui said. "Use common sense on how to play a game so you won't get hurt."

For auto hobby enthusiasts, safety is enforced at the Automotive Skills Development Program. Safety gear, like eye goggles, is provided for those using the facility, and trained mechanics are available at all times to help people fix their vehicles safely, Cabrera said. Children under 14 are not allowed to work on vehicles, and cell phone use and tobacco products are prohibited.

"We always keep a close eye on safety," Cabrera said. "We're here to make sure they can accomplish their goals safely."

The main goal of the base's extra curricular facilities is to help improve the morale of service members and their families.

"Working here is the kind of job that you don't need a 'thank you,'" Cabrera said. "Seeing the look on their faces when they turn the key in their car and it turns on, seeing that look of accomplishment is enough for me. It's nice to know that you're helping spouses out as well when their loved ones are deployed. We don't need Marines on the front lines with anything as silly as car problems back home on their minds."

So whether it's an afternoon getting greasy at the auto hobby shop, getting sweaty playing outdoor sports or getting sun on the waters of Kaneohe Bay, Marine Corps Base Hawaii offers a lot of activities that service members and their families can enjoy.



Eli Gaiter, 12, performs for his friends at the Hawaii Lao Skate Park on base. The skate park is available for use by all base residents, but they must wear proper safety gear and can only skate during daylight.



Corporal Caleb Coleman, machinist, Maintenance Company, Combat Service Support Group 3, works on his vehicle at the Automotive Skills Development Program here. More than 225 people per month use the facility to do work on their personally owned vehicles.



Children play in a bouncy house during the Boys and Girls Club and Nickelodeon Day of Play at the Youth Activities Center here Friday.

Youth Activities sponsors Nickelodeon Day of Play

Story and Photos by
Pfc. Ronald W. Stauffer

Combat Correspondent

The Boys and Girls Club and Nickelodeon presented a worldwide Day of Play sponsored by the Marine Corps Community Services Youth Activities program here Friday.

Children enjoyed coordinated events, along with food and a viewing of the recent “TMNT” movie.

“This is the first time that we put on this event,” said Jeff Anderson, youth activities director.

As children arrived, they were given the opportunity to play with stilts, hula-hoops and a bouncy house before the schedule of events took place.

“I can hula-hoop like this all day,” said Madeline Anderson, a youngster attending the event. “I can even do it on my arm.”

Participants were also given the chance to buy pizza and soft drinks while the events took place.

The first event was a gymnastics olympic circuit, complete with trampoline activities, followed by arts and

crafts. Next was a Goju Kan martial arts exhibition followed by popcorn and the movie toward the end the day.

“I think everyone had a good time, and the staff worked hard,” Anderson said.

About 50 children attended, helping make it a successful day of fun, Anderson said.

The next Youth Activities are a Fall Adventure Camp this week and a football trip for both children and adults at the University of Hawaii to watch UH play against New Mexico State, Oct. 27.

For more information, contact the Youth Activities



Heather Zangari plays catch with a giant frisbee.



Nathan Milca attempts a flying somersalt at the finish of the gymnastics olympics course.



Hanna Zangari (left), plays with other children in the water tank.

MOVIE TIME

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Daddy Day Camp (PG)
Rush Hour 3 (PG-13)
Stardust (PG-13)
War (R)
Daddy Day Camp (PG)
Stardust (PG-13)
Rush Hour 3 (PG-13)
Superbad (R)
War (R)

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
Sunday at 2 p.m.
Sunday at 6:30 p.m.
Wednesday at 6:30 p.m.
Friday at 7:15 p.m.
Friday at 9:45 p.m.

TALK STORY WITH K-BAY

What was your favorite movie of 2007?

“‘300,’ because the sound and the video for the movie was amazing.”

“‘Knocked Up.’ Seth Rogen and Katherine Heigl together were too funny, and they made me laugh so hard.”

“‘Mr. Bean’s Holiday.’ The man is a comedic genius.”

“‘Good Luck Chuck,’ because Dane Cook made me laugh.”



Ali Khan, manager, Mega Video



Khemika Hightower, associate, Mega Video



Petty Officer 2nd Class Pohaku Lee, aviation structural mechanic, HSL-37



Corporal Laydilin Carrion, Maintenance Management Specialist, CSSG-3

Marine Corps Base Hawaii

Command Religious Program

Updated: September 25, 2007

RECURRING RELIGIOUS MINISTRIES ACTIVITIES

RELIGIOUS SUPPORT

Roman Catholic (MCBH Chapel)

Daily Mass	Tuesday–Friday	11:45 a.m.
Sunday Mass	Sunday	9:30 a.m.
Sailor–Marine Mass	Sunday	5 p.m.

Protestant (MCBH Chapel)

Liturgical Service	Sunday	8 a.m.
Contemporary Service	Sunday	11 a.m.

The Church of Jesus Christ of Latter-day Saints

POC is Chaplain Daniel Whitaker at MCBH Chapel, 257-1501/216-0156

Jewish

Aloha Jewish Chapel Pearl Harbor (Bldg. 708) located across from Makalapa Medical Clinic
POC is Mr. Daniel Bender, 523-4814

Jewish Bible Study	Monday	6:30 p.m.
Kabbalat Shabbat	Friday	7:30 p.m.
Shabbat Morning Services	Saturday	8:15 p.m.

Wiccan Fellowship

Contact Chapel for more information

Islam

Main Post Chapel, Schofield Barracks (Bldg. 791)
POC SSgt Abdelwahed, 624-3325

(Jumah) Prayer	Friday	1 p.m.
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Book review: ‘The Glass Castle’



Lance Cpl. Regina A. Ruisi
Combat Correspondent

When I’m looking for a book to read, I generally tend to stay away from “memoirs.” I might pick up a biography or autobiography every once in a while, but they’re usually famous names or historical figures. Why would I want to read about some unknown person’s life?

Jeannette Walls’ memoir, “The Glass Castle,” changed my mind. The story seems too terrible to be true. It chronicles her childhood from one of her earliest memories, being on fire. What kind of parent allows their three-year old to cook hot dogs on the stove anyway? The disastrous events only continue as Walls takes the reader on her family’s “adventure” across the United States.

It’s hard to distinguish if the story is one of hardship and disaster, or one of strength and salvation. Walls shows how she and her three siblings had to endure the constant moves, hunger and

destitution placed in their tiny laps by their drunken father and “free spirited” mother.

Her story shows the struggle of children forced to grow up too fast, who learn not only to take care of themselves and each other, but also end up taking care of their parents.

I don’t know whether I should pity or praise Walls and her siblings. Throughout the book they show constant signs of strength and resistance from the lifestyle their parents gave them. They struggle with the childlike want to exalt their parents while dealing with their constant disappointments. While their parent’s negligence to parenting taught them to be self sufficient, how self-sufficient should a young child be?

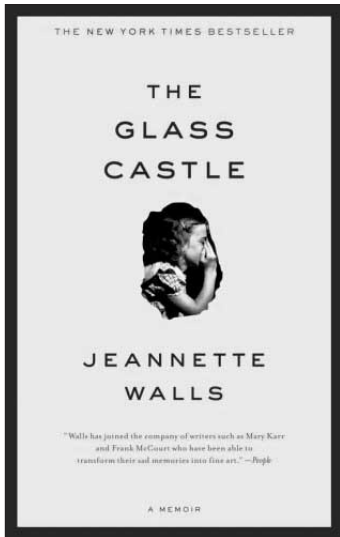
The Walls children displayed characteristics beyond their years, showing from a very young age the maturity, intelligence, courage and compassion that their parents lacked. After a lifetime of hardship, the children slowly move away from their parents to start their own lives. For most 17-year-olds, the idea of moving to New York City alone seems like a doomed fantasy. This is where the hardships the Walls children faced become blessings in disguise. Their independence gives them the ability to not only survive, but to excel in the big city without their parents’ help.

Walls tells her story plainly and honestly, allowing the reader to see the world through the eyes of Jeannette

Walls as she grows up. The reader feels everything Walls herself felt; the neglect, the tragedy, the anger, the disappointment and the fear that a young child should never have to feel. Yet, the reader can’t help but feel the love the family shares; the unconditional love of the parents for their children, the unwilling love of the children for their parents and the love of the siblings for each other, which was necessary for their survival.

This unknown person’s story became not only a fascinating read, but taught an important lesson about overcoming all obstacles. It teaches a person’s situation doesn’t dictate who they are; it’s up to them to turn that hardship into something valuable. As she writes in her dedication, “everyone who is interesting has a past.”

Maya Angelou once said, “I can be changed by what happens to be, but I refuse to be reduced by it.” Jeannette Walls’ novel “The Glass Castle” stands as a testament to this statement.



Movie review: ‘Idiocracy’



Ken Griffin
Managing Editor

Editor’s note: Hawaii Marine’s combat correspondents provide readers with in-depth reviews and unbiased ratings of films currently in theaters or past releases and classics.

The rating system requires some explanation before you get started.

If the film is currently available for rent or purchase it will be assigned a certain number of “microwaves” on a scale of one to five to rate its “reheat factor.” If the film is in theaters, it will be assigned a certain number of service stripes on a scale from one to five.

In other words, the more microwaves or service stripes the film receives, the better and more entertaining it is to watch.



Rating: 5 out 5 microwaves

“Some people are alive simply because it’s illegal to shoot them.” – Unknown

With no natural predators and various laws guaranteeing their safety, human beings are the most protected species on earth. Charles Darwin’s theories of natural selection, better known as survival of the fittest, has no place in modern American society. Much to

the delight of idiots everywhere.

Taking this into account, comedic and satiric master Mike Judge wrote and directed “Idiocracy,” his latest masterpiece and first movie since 1999’s cult classic, “Office Space.”

“Idiocracy” mostly takes place in the future, with a brief and ludicrous explanation of how the protagonist got there. Joe Bauers is a notably mediocre U.S. Army soldier. He’s so remarkably “average” that his superiors select him for a top secret experiment, where he’s to be frozen for a few years. I’m not giving much away to say the experiment doesn’t go as planned.

This is kind of a plot hole, because in real life everyone knows the Army would never foul up an experiment or operation, but Judge goes out on a limb by making it seem possible.

Joe, played by Luke Wilson (“Bottle Rocket,” “The Royal Tenenbaums,” “Old School”) with his usual stoic demeanor, ends up hundreds of years in the future, in a world that looks like what I assume the world would look like if Britney Spears were in charge.

Joe’s sidekick is Rita, a “painter” who was also part of the experiment. Together, they attempt to fix a hopelessly stupid world.

I can’t begin to list all the problems but can explain why. Over the years, intelligent people had fewer children while morons bred like bunnies.

The President of the United States is Dwayne Elizondo Mountain Dew Herbert Camacho, five-time wrestling smackdown champion and porn superstar. Probably an improvement over the pop tart, but not a man that should lead the free world – even though he is a total badass and rocks.

Suddenly, average Joe,

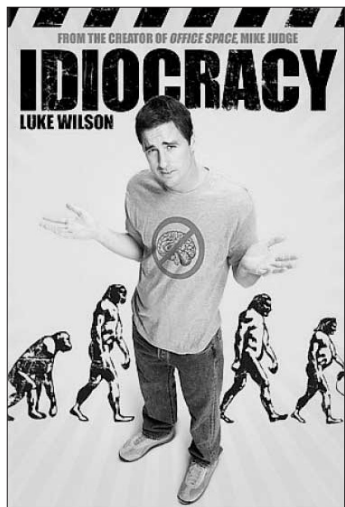
transplanted from the past, is the smartest man in the world. President Camacho’s administration is on the verge of collapse, so he enlists Joe’s help to solve the world’s problems.

There are trials. There are tribulations. In the end, a lesson is learned. Cliche at best, but the witty dialogue makes up for it, as the characters navigate a ridiculous world. Sadly, Judge’s version of the future doesn’t seem that far-fetched to me.

You’ve probably never heard of “Idiocracy” because Fox Studios dumped it into only a few theaters with no marketing whatsoever. It’s now available on video and most likely destined to become almost as much of a cult hit as “Office Space.”

One can only ponder the reasons why Fox did this, but I suspect it’s because the movie is a not-so-subtle jab at all the stupid things the entertainment industry makes money on. Pop music, wrestling, the movie industry – nothing is sacred and Judge pulls no punches.

“Idiocracy” won’t win any Oscars, but it’s guaranteed to make you laugh out loud. It doesn’t take itself too seriously, and as a social satire it’s borderline genius. If you see only one comedy this year, see “Superbad.” But if you see several, make sure “Idiocracy” is one of them.



October

13-14 2007

MCBH, Kaneohe Bay

Blues on the Bay

Air Show

With the Blue Angels

“Preferred Seating” Ticket Pricing

GRANDSTAND			
Ticket Prices	Advance (Now - Oct. 13)	On-Site (Oct. 13 - 14)	
Adult(11yrs & up)	\$8.00	\$10.00	
Child (3yrs – 10 yrs)	\$5.00	\$ 7.00	
BOX SEATS			
Ticket Prices	Advance (Now - Oct. 13)	On-Site (Oct. 13 - 14)	
Adult (11Years old and up)	\$15.00	\$20.00	
Child (3-10 Years old)	\$11.00	\$13.00	
CHALETS			
Top Brass Chalet			
Ticket Prices	Advance (Now – Sep. 30)	Advance (Oct. 1 - 12)	On-Site (Oct. 13 - 14)
Adult(11yrs & up)	\$70.00	\$80.00	\$80.00
Child (3yrs – 10 yrs)	\$50.00	\$60.00	\$60.00
Devil Dog Chalet			
Ticket Prices	Advance (Now – Sep. 30)	Advance (Oct. 1 - 12)	On-Site (Oct. 13 - 14)
Adult(11yrs & up)	\$45.00	\$55.00	\$55.00
Child (3yrs – 10 yrs)	\$35.00	\$45.00	\$45.00

*Tickets are available at ITT or through Ticketmaster. Every seat requires a ticket. Children's prices apply to children ages 3 to 11; children ages 2 and under are FREE if sitting in an adult's lap. Stroller parking is available in a designated area behind the grandstands. Strollers and baby carriers are not permitted in the grandstand seating area.

BEFORE YOU TAKE IT OFF,
THINK ABOUT HOW WELL IT FITS.

U.S. MARINES

The uniform represents more than 231 years of history and tradition. It's the identity worn by the courageous and honorable since the Revolutionary War. Earned through discipline, hard work and dedication. Respected by all. Keep your uniform on and continue making history. See your Prior Service Recruiter about the many benefits and opportunities with the Marine Corps Reserve or call 1.800.MARINES or visit MARINES.COM.

ONCE A MARINE. ALWAYS A MARINE.

MARINE RESERVE

SPOTLIGHT ON BASE

WORD TO PASS

Alcohol Impact Education Class

Active duty service members looking to stop or control their alcohol consumption can attend the Alcohol Impact Education Class at the Substance Abuse Control Center Oct. 10-11, at Building 279. Attendees must contact a SACC counselor for a preliminary screening prior to attending. For more information, call Alton Arakaki at 257-8910.

Island Tour

Visit North Shore, Downtown Honolulu and other places of interest during a free island tour Oct. 12. The tour is open to all active duty service members and their families, but tour-goers must make reservations. For more information, call Marine & Family Services at 257-7790.

Resume Workshop

Need to brush up your resume? Create a new one or dust off the old one Oct. 16 at COMCAM, Building 267, from 9 to 11 a.m. The workshop helps create or develop proper resumes to aid in marketing yourself to potential employers. For more information, call Marine & Family Services at 257-7790.

BooFest

Bellows Air Force Station presents the 9th Annual BOOFEST! Oct. 19-20 from 6 to 10 p.m. The pre-Halloween festival honors military personnel, their families and friends. Come experience the haunted woods of Bellows on the Trolley of Terror. Challenge gravity with the Rock Wall of Doom and reach frightening heights on the Boogedy Bungee Trampoline. Tickets for attractions go on sale Oct. 1 at Bellows, MCBH, Pearl Harbor and Hickam ITT. For more information, call 259-4121.

Base Library’s ‘Big Read’

The Big Read at the Base Library presents “The Joy Luck Club” now through Oct. 31. The event, sponsored by the National Endowment for the Arts and the Hawaii Council for the Humanities, is open to all military, sponsored guests and DoD employees. For more information, call Merri Fernandez at 254-7624.

Blues on the Bay Air Show Needs Volunteers

Marine Corps Community Services needs volunteers Oct. 13 and/or 14 at the Blues on the Bay air show. Volunteers will work with food and beverages in seven-hour shifts, and volunteers have their choice of which shift they’ll work. The shifts are 8:30 a.m. to 3:30 p.m. and 10 a.m. to 5 p.m., both days. Volunteers get a free t-shirt, hat, souvenir coin, meal and a letter of appreciation. For more information or to sign up, call 254-7639.

Blue Angels Parties

The Staff Noncommissioned Officers’ Club is hosting a Blue Angels crew introduction Oct. 12 from 7 to 7:30 p.m., with free food and music. The event is open to all staff NCOs and sponsored guests. For more information call Lynn Colville at 254-5481. The Officers’ Club is hosting an introduction and presentation poolside from 7:30 to 8 p.m. O’Club members and sponsored guests can enjoy free food and music from 5:30 to 11 p.m. For more information, call Don Figueira at 254-7650.

Blue Angels to Perform

The Blue Angels are performing here at the 2007 Kaneohe Marine Corps-Navy Air Show “Blues on the Bay,” Oct. 13-14. The U.S. Navy’s Blue Angels Flight Demonstration Squadron will perform with other military and civilian aviation acts. Service members and their family members can catch the show early Oct. 12 for “Military Day.” For more information, call 371-2804 or visit <http://www.mcbh.usmc.mil/Airshow/>.

ON THE MENU AT ANDERSON HALL

Friday <i>Lunch</i> Sour braten Jaegerschnitzel Hot potato salad Tossed green rice Simmered cabbage Simmered asparagus Simmered sauerkraut Boston cream pie Chocolate chip cookies Pineapple upside down cake Vanilla/chocolate creme pudding Strawberry/raspberry gelatin <i>Specialty bar: Deli bar</i> <i>Dinner</i> Roast pork loin Mahi mahi Mashed potatoes Wild rice Simmered broccoli Corn on the cob Applesauce Chicken gravy Desserts: same as lunch	butter cream frosting Vanilla/chocolate cream pudding Strawberry/raspberry gelatin Sunday <i>Dinner</i> Yankee pot roast Baked ham Mashed potatoes Candied sweet potatoes w/marsh- mallows Simmered mixed vegetables Simmered pinto beans Vegetable gravy Dutch apple pie Brownies Lemon cake with lemon cream frost- ing Vanilla/chocolate cream pudding Cherry/lime gelatin Monday <i>Dinner</i> Baked meatloaf Creole pork chops Lyonnaise potatoes Noodles Jefferson Boston baked beans Simmered peas & carrots Tomato gravy Cheese cake w/strawberry topping Cherry pie Sugar cookies Peanut butter cake w/peanut butter cream frosting Vanilla/chocolate cream pudding Orange/raspberry gelatin Tuesday <i>Lunch</i>	Beef sukiyaki Chinese five spice chicken Egg foo young Chinese fried egg rolls Steamed rice Pork fried rice Fried cabbage Simmered carrots Chow mein noodles Sweet and sour sauce Lemon meringue pie Lemon cookies Strawberry shortcake Vanilla/chocolate cream pudding Strawberry/lime gelatin <i>Specialty bar: Taco bar</i> <i>Dinner</i> Creole macaroni Baked turkey & noodles Mashed potatoes Grilled cheese sandwich Simmered green beans Cauliflower au gratin Turkey gravy Desserts: same as lunch Wednesday <i>Lunch</i> Bar-b-que spareribs Country style steak Red beans and rice Baked macaroni & cheese Southern style collard greens Simmered corn on the cob Cream gravy Apple pie Brownies Pineapple upside down cake Vanilla/chocolate cream pudding	Orange/raspberry gelatin <i>Specialty bar: Hot dog & sausage</i> <i>Dinner</i> Savory baked chicken Beef pot pie Boiled egg noodles Mashed potatoes Southern style squash Simmered peas with mushrooms Chicken gravy Desserts: same as lunch Thursday <i>Lunch</i> Baked lasagna Veal parmesan Oven glo potatoes Simmered carrots Italian mixed vegetables Tomato gravy Garlic toast Cherry pie Oatmeal raisin cookies Marble cake with chocolate cream frosting Chocolate/vanilla cream pudding Orange/strawberry gelatin <i>Specialty Bar: Country bar</i> <i>Dinner</i> Chili macaroni Simmered corned beef Parsley buttered potatoes Grilled cheese sandwich Glazed carrots Fried cabbage with bacon Brown gravy Mustard sauce Desserts: same as lunch
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MARINE MAKEPONO HAWAIIAN FOR “MARINE BARGAINS”

FOR RENT Studio apartment. Large, paid utilities, free satellite t.v. and wireless internet, security system, free parking, fenced yard, deck. Minutes from Windward Mall. \$1,500 per month. Call 392-6059. AUTOS 2005 BMW 330CIC convertible. 16K miles, tan/sanora, tan leather interior, excellent condition, full warranty until 2009, premium package, navigation, xenon lights, \$39,950. Call 257-8835. 2001 Chevrolet Cavalier. 95K	miles, good running condition, big sound system. Call 561-2974. MISCELLANEOUS Washer/dryer. \$100 each or \$150 for both. Call (410) 688-1203. MOVING SALE Saturday and Sunday. 2714 C Cabanayan Street, 6 a.m. to 4 p.m. Call 664-5935 for info. FREE Cat. Grey and white striped, 5-year-old female, spayed, uses litter box, loves children, gets along with dogs. Leaving	island. Call 561-2974. <i>Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of Hawaii Marine, on a space-available basis.</i> <i>Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.</i> <i>Makepono may be used only for noncommercial classified ads containing items of personal property.</i> <i>Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216, room 19, aboard Marine Corps Base, Kaneohe Bay.</i>
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The ins, outs of boarding your pet

Deborah Moore
LIFELines

There's a reason dogs and cats don't own suitcases. When your family leaves town for a weekend getaway or an extended trip, they may not be good travel companions. If you can't leave your pet with a friend or family member, your options are to hire someone to look after your animal or take it to a kennel until you return.

The greatest advantage of animal boarding is avoiding the stress of a long car or plane ride. Your dog or cat stays where it's welcome and receives more attention and supervision than if left home. They'll be cared for by people trained to spot health problems, and the kennel is especially designed to foil canine and feline escape artists.

There are potential drawbacks to using a kennel, such as stresses related to staying in an unfamiliar environment. There is also the proximity to other animals, which may expose your Fluffy or Fido to health problems. Additionally, it may be difficult to find a kennel that accepts pets other than dogs or cats. The operating hours to receive and pick up pets may be inconvenient, and sometimes the drive to the kennel alone can be very stressful for the animal.

Using a Pet Sitter

Many military families recommend using a pet sitter who comes to your house. If

you have multiple animals, the cost will be significantly lower. A pet sitter enables you to keep an exotic pet or finicky feline at home in familiar surroundings. And many pet sitters provide other services, such as plant watering, turning on and off lights and picking up newspapers.

If you live on base, check out community bulletin boards for pet sitter listings, or inquire at the nearest animal clinic, pet store, or groomer for a list of professionals. Additionally, you can contact Pet-Sitter International, or call the National Association of Professional Pet-Sitters at (800) 296-7387 for local members.

Finding a Good Kennel

If you decide you'd rather take your pet to a kennel, ask your friends and neighbors, local or base (if overseas) veterinarian, animal shelter or trainers for a recommendation. Check the phone book for "kennels and pet boarding." List the kennels convenient to your home.

What to Look For

Make sure the kennel you're considering displays a license or certificate showing it meets mandated standards. Contact the American Boarding Kennels Association to find out what kennels must do to be accredited. The ABKA can refer you to an accredited kennel that has regular inspections and professional standards of safety and quality of

care. Next, check with your Better Business Bureau to see whether any complaints have been made against the kennel. Once you've narrowed down your kennel list to one or two possibilities, call them and confirm they can accommodate your pet and provide for any special needs. Then schedule an appointment to visit the facilities.

Getting the Care You Want for Your Pet

During the initial visit, request to see all the places your pet may be taken. Here's a checklist of things to look for and ask about:

- ◆Does the facility look and smell clean?
- ◆Is there sufficient ventilation and light?
- ◆Is a comfortable temperature maintained?
- ◆How many animals are housed at one time?
- ◆Does the kennel board exotic pets, birds, etc.?
- ◆Where are exotic pets and birds housed, and are they well apart from the dogs and cats?
- ◆Does the kennel seem well organized?
- ◆Does the staff seem knowledgeable and caring?
- ◆Does the kennel ensure that all pets are required to be current on their vaccinations, including the vaccine for canine kennel cough, Bordetella?
- ◆Does each animal have its own adequately sized indoor-outdoor space, and is there an appropriate

- schedule for exercise?
- ◆Are outdoor runs and exercise areas protected from the weather?
- ◆Are resting boards and bedding provided to allow dogs and cats to rest off the concrete floor?
- ◆Do the cats have apparatus for climbing and scratching?
- ◆Are cats housed away from dogs?
- ◆Is there enough space to move around comfortably?
- ◆Is there enough space between the litter box and food bowls?
- ◆How often are the cages cleaned?
- ◆How often are pets fed, and can you bring special food?
- ◆Is there an extra charge for a special feeding schedule?
- ◆What kinds of veterinary services are available?
- ◆Which vet will the kennel call in case of an emergency? (Be sure you know where the veterinarians office is located and the phone number.)
- ◆Some pet owners also inquire about other services, such as grooming, training, and bathing. (This would be a great time to get Fido's nails trimmed!)
- ◆Be clear on how the kennel rates are calculated. Ask about cancellation fees and extra charges for delays in pickup, special feedings, or administering medications. Ask what types of payment they accept, such as credits cards, checks, or cash.



File photo

Preparing Your Pet

The best way to help your pet adjust to a kennel stay is to be sure your pet knows basic commands and is well socialized around other people and pets. An aggressive pet may not be a good candidate for boarding.

Teach your pet early on to be comfortable when alone or confined. Start in small doses and work up to longer periods of time. When the animal is confined, provide safe materials for chewing, to reduce stress and boredom. Take a few of these toys with you to the kennel.

It's also a good idea to prepare your pet for long kennel stays by first boarding him during a short trip, such as a weekend. This allows you to work

out any problems before leaving your pet for an extended period. Before arriving at the kennel, write down specific instructions about your pet's schedule, medications, or special food, your veterinarian's phone number and your contact information. Be sure to mention any special problems your pet has, such as a history of epilepsy or fear of thunder. Once you check in, quickly give your pet to a staff member, say goodbye, and leave. Try to avoid long, emotional partings, which will only upset you and your pet. If you have done your homework, you'll be secure in knowing that your pet is in good hands.

Save money while shopping

Valerie Grosz
LIFELines

Though grocery shopping is a constant in your routine and budget, the high expense doesn't have to be. With a little extra energy, you can save hundreds of dollars a year at the grocery store.

Benefits of Coupon Cutting

Cutting coupons that match the products you normally buy is guaranteed savings. Even better is when you can use the coupons in the commissary, or when you can use the coupons at civilian stores that acknowledge double coupons by subtracting double the coupon amount.

Where to Find Coupons

You can find most coupons in the Sunday paper. Cutting coupons takes roughly 15 minutes, and the savings are worth it. Coupons can also be obtained via the Internet.

Several Web sites offer a coupon delivery service in which, after paying a membership



fee, you can choose your own coupons and have them delivered for another fee. Pennysaver is a unique, free Web site that tells you what products you can purchase at a grocery store in your area to earn "Web Bucks" — money coupons printed at the cash register that you can use for any items on subsequent shopping trips. Be sure to read each site's privacy policy to find out what they do with any personal information you might provide.

Quick Tips

- ◆Become a club member if stores offer it. It costs nothing and saves a bundle.
 - ◆Buy sale items when possible even if they're store brand. The ingredients are very similar if not the same as name brands.
 - ◆Cut coupons only for the products you use. It's easy to get coaxed into buying unnecessarily just because you have a coupon.
- To really benefit from coupon savings, a good idea is to add up your savings each month and pay your savings account that amount.



AROUND THE CORPS

Iron Mike tells his tale

Lance Cpl. Heather Osorio

MCRD Parris Island

MCRD PARRIS ISLAND/ERR, S.C. — Officially, my name is "Monument to U.S. Marines." But you can call me Iron Mike.

I was first cast in 1923 by renowned artist Robert Ingersoll Aitken, World War I veteran of Machine Gun Company, 306th Infantry. I was unveiled to the world July 25, 1924, in a ceremony reviewed by then-Commandant Maj. Gen. John A. Lejeune. I am the first war memorial for the Parris Island-trained Marines who made the ultimate sacrifice during World War I, the "war to end all wars."

I have relentlessly stood my post on this concrete platform, silently holding this heavy machine gun over my right shoulder and gripping a .45 pistol in the air with my left hand, for more than 83 years, watching the tides and times change many, many times over on this Depot.

There are so many stories I keep locked inside that are worth listening to, if just you stop to listen.

I have seen more than a million young men and women pound the pavement bare with drilling and physical training. I have watched as hundreds of thousands of Parris Island Marines go off to war and return home as heroes to an ever-watchful nation. I watched many go off to war and never come back. But I will always keep them



Parris Island Archive

alive, frozen in time, in my memory.

I remember Christmas in 1929 when Maj. Gen. Joseph Henry Pendleton drove the first car over the new causeway to the Depot.

I watched quietly as buildings and roads were constructed, reconstructed, and finally torn down and replaced with new buildings and roads. I watched as the cycle started over, time and time again. In place of the wooden recruit barracks that stood when I was first dedicated, there are now modern brick buildings. The Peatross Parade Deck has since expanded, too.

I stood here while everything changed in the name of progress. Uniforms have come and gone.

Weapons are now more advanced. Training battalions appeared, moved and disappeared. Women have since trained here and made a mark for themselves as well.

Even I have changed. When I was first dedicated, I stood outside the original Hostess House, which was near where the cobbler and dry cleaner shop is today. Now I stand outside Headquarters and Service Battalion, wel-

coming everyone who drives or walks by.

So much time goes by, and still some things never change.

They are our beloved Eagle, Globe and Anchor, which still stands for everything we fight for around the world; the recruits I watch turn into Marines, bit by bit every day.

The recruits still look the same. The drill instructors haven't changed much either. They are still instilling the same discipline and values into their recruits, still teaching them the skills they need to survive combat.

I stand my post week after week.

I watch as new Marines and their families pass by and there, in my gaze at long lives of our Nation's finest, you can see my pride.



Lance Cpl. Heather Osorio

A

HEALTHY

TAN IS THE

FIRST SIGN

OF SKIN

CANCER.

IRONIC,

ISN'T IT?

The fact is, tanning can lead to melanoma/skin cancer. So examine yourself regularly. Look for blemishes larger than a pencil eraser, multi-colored or asymmetrical in shape. If you have any questions, see your dermatologist.

AMERICAN ACADEMY OF DERMATOLOGY

AAD

1918

spot

MELANOMA/SKIN CANCER

EARLY

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